



Community Resource & Support Center
1150 S. Bascom Ave, Ste 24, San Jose, CA 95128-3509
408.453.0400 Fax: 408.453.2100
www.namisantacalra.org

Santa Clara County

Volume XXXVII · No. 4

April 2013

**COUNTY MENTAL HEALTH
EMERGENCY & REFERRALS**

NAMI SANTA CLARA COUNTY OFFICE

Info/Referrals M-F, 10 A.M.-2 P.M. 408-453-0400
Evening Hrs: Bernie Genetti (English) 408-268-2615
Luisa Perez (se habla español) 408-378-6988
Juan Perez (se habla español) 408-528-5353
Athen Hong (Mandarin) 408-996-1016
Anna Chan (Cantonese) 408-705-5372

EMERGENCIES

Dial 911 and request a Crisis Intervention Team (CIT) officer

Emergency Psychiatric Services (EPS)

871 Enborg Court, San Jose 408-885-6100

Urgent Psychiatric Care Unit 100

871 Enborg Court, San Jose 408-885-7855

Daily 8 A.M.-10 P.M.; walk in or by appointment

Note: For those with no medical insurance only.

SERIOUS MENTAL HEALTH HELP & COUNSELING

Suicide & Crisis Center (Central) 1-855-278-4204

MENTAL HEALTH CALL CENTER 1-800-704-0900

24-hr. On-Call Staff; Info/Referrals M-F, 8 A.M.-5 P.M.

**GATEWAY, DEPT OF ALCOHOL & DRUG SERVICES
FOR SCC, REFERRAL AGENCY 1-800-488-9919**

**ETHNIC CULTURAL COMMUNITY ADVISORY
COMMITTEES (ECCAC)**

1075 E. Santa Clara St, San Jose 408-792-3912

2-1-1 Santa Clara County

Free, nonemergency, confidential 3-digit phone number/service for access to critical services; more at www.211scc.org

**EMQ CHILD/ADOLESCENT MOBILE CRISIS
PROGRAM 408-379-9085**

After-hours/weekend emergencies 1-877-412-7474

BILL WILSON CENTER Teen Crisis Line 408-850-6140

MENTAL HEALTH ADVOCACY PROJECT (MHAP)

Free legal help for mental health patients' rights 408-294-9730

VA REFERRALS—Help for Veterans 1-800-455-0057

Upcoming Meetings & Events

Apr. 2/Tues. NAMI SCC Board Meeting
Apr. 6, 20/Sat. Connect 2 U Social Group (p.7)
Apr. 9/Tues. NAMI SCC General Meeting
Apr. 13, 27/Sat. Nature Walk (p.7)
June 1/Sat. NAMI Walk in Golden Gate Park (p.7)
June 27-30 NAMI National Convention (p.3)

facebook

Our Facebook page at NAMI SCC County, has lots of articles recently posted, as well as links to other mental health organizations.

And be sure to *like* us!

General Meeting, Tues., April 9, 2013
“Mental Health Protection and Legal Issues in the Post-Sandy Hook Era”
Presented by Andrea Tytell, Esq.; Laura Ericson, MBA; and Christine Davidson, Ph.D.

Good Samaritan Hospital Auditorium
2425 Samaritan Drive, SJ 7-9 P.M.

Since the tragic school shootings in Connecticut last December, questions and speculation have swirled on the impact of mental illness and lack of treatment for vulnerable young adults. Public misstatements from the media and public officials have led mental health and autism advocates, including NAMI, to argue forcibly that mental health consumers are more likely to be the victims of violence and not the perpetrators. They also pointed out that the shooter's alleged autism was a developmental disability, not mental illness. Those with mental illness and/or autism are in fact less likely to be aggressive or violent than the general public.

There is a renewed focus on young people dealing with mental illness and developmental disabilities, with hope that attention translates into better funding and programs to support those with mental illness and developmental disabilities. The presenters will discuss both the potential shift in public awareness and perceptions of young people dealing with mental illness and developmental disabilities, and they will look at the legal opportunities and challenges faced by the consumer and family as they navigate the transition from teenager to young adulthood. “We can't avoid all hazards and detours in life, but with planning and a good GPS, we can help our young adults navigate their journey.”

Our presenters are **Andrea Tytell**, Special Needs Attorney; **Laura Ericson**, Special Needs Advocate; and **Dr. Christine Davidson**, Educational Psychologist and author.

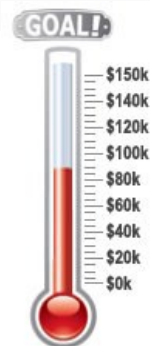
Join us at **7:30** for announcements and installation of Board officers. The presentation will be from **8 to 9 P.M.**

NOTE: Directions to Good Samaritan Hospital can be found at www.maps.yahoo.com The auditorium is in the basement of the main building.

NAMI Membership: Membership registration and renewal can be done at the General Meeting by paying with cash/check or online with a credit/debit card.

**“Adopt-A-Program”
NAMI SCC's Fundraising Campaign**

Thanks to the donations of so many of you, we are now over 60% towards our goal of raising funds to allow us to grow — but we still need more help. Detailed information about “Adopt-A-Program” is on our website at www.namisantacalra.org.



Remarks from NAMI SCC's Special Reunion Celebration on Feb. 8, 2013 "Why We Walk in NAMIWalks"

John Mitchem, Past President of NAMI SCC, read an emotional statement by **Jonathan Dixon**, a student who has a mental illness, explaining why he participates in NAMIWalks.

I'm walking for those whose delusions and hallucinations have kept them housebound. I'm walking for all those so deeply depressed that they'd never stand to look themselves in a mirror, let alone join others on a walk. I'm walking for all those who have been burdened emotionally and financially because their loved one has a mental illness.

Most of all, I'm walking, not just because I could lose some weight, but because I know, if only in some small way, I can help to forever change how those with mental illness feel and think and how others feel and think about them.

Kudos to California Superintendent of Schools, Tom Torlakson

At the end of January of this year, **Superintendent Torlakson** issued a letter responding to the need for student safety. He requested that required, annually submitted public school safety plans (a requirement of the California Education Code) include school crisis response teams, a campuses safety leader, annual plan reviews, staff mental training, and mental health/suicide prevention strategies.

His letter was sent to all California county and district superintendents and charter school administrators. All school safety and crisis response plans were due to the state on March 1. You may want to ask someone at your local school district office what they included in their plan to the state.

Mr. Torlakson has taken an important step in helping our youth who may be experiencing a crisis and could use some assistance. Send Superintendent Torlakson an email or note commending his action. His contact information is:

- ♦ **Email:** ttorlakson@cde.ca.gov
- ♦ **Address:** P.O. Box 21636, Concord, CA 94521
- ♦ **Phone:** 925-682-9998
- ♦ **Fax:** 925-459-3421

How to Help Someone Who Is Thinking About Suicide

Learn how to help through **QPR**, which stands for **Question Persuade Refer**: **Question** a person about suicide; **Persuade** the person to get help; **Refer** the person to the appropriate resource. QPR is not intended to be a form of counseling or treatment. Its goal is to offer hope through positive action. Like CPR, QPR is an emergency response to someone in crisis.

For information, email jean.kaelin@hhs.sccgov.org.

Election of Officers, NAMI SCC Board

The NAMI SCC annual election of officers was held at the March General Meeting. The Board Officers are:

President: **Jen Hong**

Past President: **Navah Statman**

VPs: **Gerry Larvey, Beverly Lozoff, Vic Ojakian, Juan Perez**

Treasurer: **Jerry Gruhn**

Secretary: **Meg Stein**

Recorder: **Peter Newman**

Installation of officers will take place at the General Meeting on **April 9, 2013**.

Crystal Bowl Award to Gini Mitchem



We are so pleased to announce that **Gini Mitchem**, our NAMIWalk "guru," will be honored by the Junior League of San Jose at their annual Volunteer Recognition Luncheon to be held on **April 29, 2013**. Every spring the Junior League of San Jose chooses volunteers who have been nominated by their organizations for their contributions. Some are singled out for additional recognition, and this year Gini will receive one of the Crystal Bowl awards and her work will be featured in a video.

Thank you, Gini, for your tireless efforts for NAMI SCC!

A Book Review

Psych Ward Confidential: A Story of Survival by Ann Haeberle



Psych Ward Confidential is based on the true story of **Ann Haeberle's** devastating loss — of her sanity, her voice and her dignity — and how she fought with courage and faith to regain control over her life.

In poetic form, Ann shares the trauma of her experiences in the mental health system through the rhythm of her words and the depth of her emotion. Ann had a close-knit family, a normal childhood, and a strong sense of identity. Then at the age of 27, she was stunned to be diagnosed with bipolar disorder. And so began a ten-year journey regaining her mental health, despite the many pitfalls of our mental healthcare system.

Psych Ward Confidential is a worthwhile read not only for those in the mental health profession, but also for those who suffer from mental illness and their families by providing an insider's view of the often chilling reality of treatment facilities.

This just-published book is available in the NAMI SCC library — a worthwhile read!

The Tragedy of Mental Health Law

Excerpted from a Jan. 12, 2013, article in the *Wall Street Journal* by Dr. Lloyd L. Sederer*



Since the school killings in Connecticut in Dec. 2012, there has been widespread concern that laws about mental health services need reform — two areas in particular are the laws governing involuntary hospitalization and the restrictions placed on communication with a patient's family.

Across the U.S. today, federal and state laws give people with mental illness the right to decide when, where, how, and if they will receive care. Yet some serious mental illnesses can make it difficult for those affected to assess the reality of their own experiences or their need for treatment. An individual with a mental illness that interferes with his judgment, self-interest and safety represents a profound challenge for families and clinicians.

Many mental health laws are prohibitive in nature, by describing what *cannot* be done in certain situations. This is important but comes at a cost. The 1996 federal law known as HIPAA (the Health Insurance Portability and Accountability Act) is meant to protect the medical information of individuals, but it has also come to limit what a doctor can say to a patient's family. State laws vary, but all set strict controls regarding involuntary hospitalization, limiting it to circumstances when a person is an imminent danger to himself or others, or likely to become so. State laws also limit involuntary hospital stays to a few days, unless a court orders otherwise. And another court order is necessary for doctors to treat hospitalized patients against their will.

The law arguably plays a more prominent role in psychiatry than in other fields of medicine. Issues of safety, civil rights, accountability, privacy, confidentiality & competency are woven throughout the practice of psychiatry. But these laws were mostly written decades ago, in response to an era when doctors and hospitals had almost unbridled control over patients. What began as patient protections have in many instances become rigid rules and procedures that seem to exceed patient needs and even common sense.

Good intentions spawned these laws, but in practice they can interfere with or delay necessary care and crucial communication between caregivers & families—as families of people with serious mental illnesses can attest in often heartbreaking detail.

Families are — or can be — our early-warning system: They see the fuse burning months before the bomb goes off. Yet when mental illness produces troubled behavior, families are too frequently sidelined by the refusal of their ill relative to involve them in the considerations about treatment.

No one thing can completely eliminate the risk of tragic events, or the risk of the suicides and violent acts that occur by the tens of thousands each year. But we can reduce risk through early identification and intervention if families are equipped to highlight problems and mental health professionals are permitted to do the tough work of responding to those whose serious mental disorders have them refuse help that can be lifesaving.

Sederer believes that laws should be made to serve the people.

Let's ask families of people with serious mental illnesses what changes in law and clinical practices could better help their family members.

*Dr. Sederer is medical director of the New York State Office of Mental Health and an adjunct professor at Columbia University.

A Letter to the Editor in Response to "The Tragedy of Mental Health Law" (at left)

Mark and Marleen Brodsky, NAMI family members, applauded Dr. Lloyd Sederer's article in the *Wall Street Journal*, saying that while their daughter is currently many years clean and sober, she

suffers from a psychosis that has put her in and out of emergency rooms nearly a dozen times in the recent past. The reason, they claim, is that "rigid rules prevent healing by allowing deeply ill people to walk away from needed therapy....And there is nothing concerned parents can do."

The Brodskys suggest a modest change to the HIPAA law to be called "three strikes and you're in." In short, they are suggesting that if someone is involuntarily brought to an emergency room two times in one year, the government must not just stabilize and release that person the third time. The law should ensure that once some baseline of disturbance has been exceeded, bona fide mentally ill patients receive treatment even if it is against their will. To do otherwise can be suicidal for the patients and a nightmare for the parents.

NAMI Peer to Peer: A Road to Wellness

NAMI's Peer to Peer Education Program is a free, 10-week course that offers a holistic approach to recovery through a combination of lecture, discussion, interactive exercises and stress management techniques. This program is open to all adults (over the age of 18) living with a mental illness. The course, located in a relaxed and confidential setting, is taught by two trained peer mentors for two hours once a week. People taking this course will:

- ◆ Gain further insight into mental health
- ◆ Gain knowledge of how to cope with difficult circumstances
- ◆ Share experiences with peers who are working toward recovery
- ◆ Learn how to be an active participant in their treatment plan
- ◆ Learn to identify feelings, thoughts, behaviors and events that can result in a possible relapse
- ◆ Learn how to strengthen interpersonal relationships
- ◆ Experience new hope and inspiration in regard to recovery

Here are some comments from recent graduates: "I appreciate the new tools and all the topics covered"; "I now have the courage to go back to school"; "The mentors made me feel great — hopeful not hopeless."

NAMI Newsletter in Your Inbox or Mailbox?

Please consider receiving your NAMI SCC Newsletter via email rather than through the post office. With new regulations in effect, our costs to send the newsletters through the post office have gone up. If you'd be interested in making this change, call **Donna** at our office or email newsletter@namisantaclara.org.

SUPPORT GROUPS FOR CONSUMERS

SAN JOSE — Every Sun., 3–4:30 P.M.
NAMI SCC Office, 1150 S. Bascom Av, Ste 24.

SAN JOSE — Every Wed., 10 A.M.–1 P.M.
“Fireside Friendship Club,” ACT for Mental Health, Inc., Life Skills Social Club for people with mental disabilities & physical limitations; Writer’s Club, 1–2 P.M. Beginners welcome! 441 Park Ave. (upstairs/no elevator), 408-287-2640.

SAN JOSE — DBSA Chapter, 1st & 3rd Mon., 7 P.M.
Westgate Church, 1735 Saratoga Ave. Info: **Kristin VandeVort**, 408-858-3460 or dbsa.sanjose@gmail.com. For peers diagnosed with bipolar disorder or clinical depression. Family members/significant others are welcome to attend as support for any participant.

PALO ALTO — Every Mon., 1:15–3 P.M.
Creative Writing for people with major depression or bipolar disorder; Stanford Psychiatry Dept., 401 Quarry Rd. Registration is ongoing; please contact **Beth Schaefer** at 510-502-7770 or www.writingthroughthedarkness.com.

PALO ALTO — DBSA Chapter, Every Wed., 6:30–8:30 P.M.
Mood Disorders Support Group for consumers with bipolar, depression or anxiety. Support people may attend with their consumer. VA Hospital, 3801 Miranda Ave., Hospital Bldg. 101, Rm. A2-200. Info: dbsapaloalto@gmail.com.

LOS GATOS — Every Wed., 1–2:30 P.M.
Behavioral Health Outpatient/Older Adult (65+) Group Therapy, Good Samaritan Hospital at Mission Oaks, 15891 Los Gatos-Almaden Rd. **Intake and Referral**, 408-559-2000.

LOS GATOS — 1st Wed. of month, 6 P.M.
Body Image/Eating Disorders Support Group, Mission Oaks, 15891 Los Gatos-Almaden Rd., Rm. 295 (take elevator B). Drop-ins welcome.

MTN. VIEW — 1st/3rd Sat. 9:30–11 A.M.
Body Image/Eating Disorders Support Group, El Camino Hosp., Conf. Rm. A., 2500 Grant Rd., Drop-ins welcome. Info: **Kira Olson** at 408-356-1212 or kira@edrcsv.org.

SUPPORT GROUPS FOR FAMILIES & FRIENDS

SAN JOSE — 3rd Tues. of month, 7–8:30 P.M.
NAMI SCC Office, 1150 S Bascom Av., Ste 24. Info: **Mike & Lilly Henning**, 408-264-0782. (NAMI Format)

SAN JOSE — 4th Mon. of month, 6–8:30 P.M.
Mental Illness Overview Families & Friends, Psychiatry Dept./Health Ed, Behavioral Health, Kaiser, 5755 Cottle Rd., Bldg 3, Rm. 1. **Susan Jones**, MA, CMT, 408-363-4843 (Kaiser members free/nonmembers \$25.) Call 408-972-3340 to enroll.

MTN. VIEW — 2nd /4th Sat., 9:30–11 A.M.
Eating Disorders group. El Camino Hosp., Conf. Rm. A, 2500 Grant Rd. Drop-ins welcome. Contact info: **Kira Olson** at 408-356-1212 or kira@edrcsv.org.

MTN. VIEW — 1st Tues. of month, 7–8:30 P.M.
El Camino Hosp., 2500 Grant Rd, Conf. Rm. C, Main Bldg. on ground floor. Info: **John Jacobs**, 650-804-2222; **Khalid Kazi**, 650-823-3270; **Farhana Kazi**, 650-387-8532. (NAMI Format)

PALO ALTO — 4th Tues. of month, 7–8:30 P.M.
Jewish Family & Children’s Services, 200 Channing Ave. Info: **John Bisenius**, 650-688-3097; **Laurel Woodard**, 650-688-3073.

SUPPORT GROUPS FOR CONSUMERS & FAMILIES

SAN JOSE — 4th Thurs. of month, 7–8:30 P.M.
Empowerment for Consumers & Caregivers, Momentum, 2001 The Alameda (enter at back). Info: **Barbara** 408-229-0428.

SAN JOSE — 1st & 3rd Thurs. of month, 7–8:30 P.M.
Christian group for consumers, families & friends. H.E.L.P. at Sunrise Valley Baptist. Info: **Jerry Gruhn**, 408-224-8449.

SAN JOSE — 2nd Thurs. of month, 7–8:30 P.M.
Christian group for consumers, families, friends. H.E.L.P. at South Hills Community Church. Info: 408-997-7284.

MORGAN HILL — 2nd Wed/mo., 7–8:30 P.M. Consumers, families & friends, DePaul Conference Center, 18550 De Paul Dr. (St. Louise). Info: **Diane**, 408-224-5623. (NAMI Format)

LOS ALTOS HILLS — 2nd Wed. of month, 6:15–8:30 P.M.
Jewish support group for those coping with mental illness & families & friends. Congregation Beth Am, Beit Kehillah, 26790 Arastradero Rd. Info: **Carol Irwin**, 408-858-1372.

MENLO PARK — Every Thurs. 6:45–8:30 P.M. (optional dinner, 6 P.M.) Christian support group, those coping with mental illness & those supporting them. Presbyterian Church, Garden Ct, 950 Santa Cruz Ave. Info: 650-464-9033.

MTN. VIEW — 1st/3rd Mon. of month, 7–8:30 P.M.
Ask for H.E.L.P. Christian Group, Abundant Life Church, 2440 Leghorn St, Room 5. Info: 650-625-1500 x147.

LOS GATOS — 3rd Fri. of month, 7–8:30 P.M.
Mission Oaks Campus of Good Samaritan Hospital, 15891 Los Gatos-Almaden Rd, Rm. 292. Info: **Diane**, 408-224-5623.

CUPERTINO — Every Tuesday 7-8:30 P.M.
Christian support group for those coping with mental illness & those supporting them. West Valley Presbyterian Church sanctuary, 6191 Bollinger Rd. Info: **Pastor Kim** 408-252-1365.

OTHER SUPPORT GROUPS

SAN JOSE — 3rd Wed. of month, 11 A.M.–1 P.M.
Parents Helping Parents, for caregivers of children & teens with bipolar disorder. Sobrato Center for Nonprofits, 1400 Parkmoor Ave., #100. Info: www.php.com or 408-727-5775.

SANTA CLARA — Centre for Living with Dying
Individual & small-group grief support for those dealing w/life-threatening illness or death of a loved one. Info: 408-980-9801.

SAN JOSE — Every Wed., 5:30–7:30 P.M.
Services for Brain Injury (SBI) hosts a *free* support group for people with brain injuries and those who care for them. 60 Daggett Dr. Info: sbicare.org.

SE HABLA ESPAÑOL IN SAN JOSE

SAN JOSE — 4th Fri./month, 7–9:30 P.M.
Dorsa Centro de la Comunidad, 1290 Bal Harbor Way. **Llame á Luisa Perez** at 408-378-6988.

SAN JOSE — ACT for Mental Health, Inc. en Español, 441 Park Ave. **Armenda Sousa, Ph.D.**, 408-287-2640.

NOTE: Depression and Bipolar Support Alliance has launched a Spanish language website, www.dbsalianza.org.

ASIAN-COMMUNITY SUPPORT GROUPS

CUPERTINO (Korean) — 4th Tues./month, 6:30–8:30 P.M.
Family/Consumer Group. Info: **Kyo, 408-253-9733.**

CUPERTINO (Cantonese) — 2nd Thurs./month, 7–9 P.M.
Family (primary) & Consumer Group, Valley Church of Cupertino, 10885 N. Stelling Rd. Info: **Katherine Fok, 650-961-2751.**

MTN. VIEW (Mandarin) — 3rd Thurs. /month, 7–9 P.M.
Christian Group, Mtn. View Chinese Christian Church, 175 E. Dana. (Hwy 237/85). Info: **Jen Hong, 408-996-1016.**

SANTA CLARA (Mandarin) — 4th Thurs./month, 7–9 P.M.
River of Life Christian Church (ROLCC), 1177 Laurelwood Rd. Info: **Chiao-Wen Chen, 408-338-9161.**

SAN JOSE (Mandarin) — 1st Thurs./month, 7–8:30 P.M.
Momentum, 2001 The Alameda. Info: **Jill Chen-Kuendig, 650-576-9712; Chia-Ling Mao, 408-924-3152.**

SAN JOSE (Vietnamese) — Every Mon., 6:30–8:30 P.M.
Family Support Group for consumers & families. Asian Pacific Family Resource Ctr, 591 N. King #8; **Thong Le 408-792-3919.**

SUNNYVALE (English) — 1st, 3rd Wed./month, 7–9 P.M.
API (Asian Pacific Islanders) Adult & Young Adult Peer Support Group. Info: **Sophia Huang, 408-623-9711.**

NOTE: Call **408-975-2730** about counseling for API.

THERAPEUTIC SRVS/MENTAL HEALTH SUPPORT

SAN JOSE — GRACE COMMUNITY CENTER
484 E. San Fernando Street, 408-293-0422

M: Basketball/Art Time **10 A.M.**; Anger Mgt **10:30 A.M.**; Stained Glass (\$6) **12:15 P.M.**; Art Therapy **12:30 P.M.**; Men's Group /Wii Time **2 P.M.**

T: Life Skills/You Grill It (\$25) **10 A.M.**; Beading **10:30 A.M.**; Relaxation Skills Group **11:15 A.M.**; Italian Tu. (\$.50); **11:45 A.M.**; Yoga **12:30 P.M.**; Sewing **1 P.M.**; Movie Matinee **1:30 P.M.**; G90x (exercise) **2 P.M.**

W: Basketball **10 A.M.**; Morning Meditation **10:05 A.M.**; Tea Time/Painting & Drawing/Creative Writing **10:30 A.M.**; Science/History/Art **12:15 P.M.**; Clothes Closet **12:30 P.M.** **NOTE:** Center closes at 1:30 P.M.

TH: So Fresh & So Clean **9:30 A.M.**; New You Hair/Nail Salon **10 A.M.** (call for appt.); Arts/Crafts **10:30 A.M.**; Relaxation Skills Group **11:15 A.M.**; Seasoned Sewing Group **1 P.M.**; Entertainer **1:15 P.M.**; Self Esteem **3 P.M.**

F: Birthday Party **2nd Fri./month 1 P.M.**; News Grabbers/Gardening **10 A.M.**; Stress Management **11 A.M.**; Open Art Studio **1 P.M.**; Women's Group/Leisure Walk **1:30 P.M.**; Wii Time **2 P.M.**; Movie Night **4:30 P.M.**

SAT: Aerobics **10:15 A.M.**; Movie Morning **10:30 A.M.**; Art Club **11 A.M.**; Eat/Art **12:30 P.M.**; Bingo **12:45 P.M.**

M–F@ 11:45 A.M.: Lunch (\$.75); **SAT:** \$1



**Call Grace Community Center
for info about
Friday evening programs 5–7 P.M.**

**SELF-HELP CENTERS for Consumers by Consumers
(CALL ALL CENTERS FOR UPCOMING EVENTS)**

SAN JOSE—ZEPHYR CENTRAL COUNTY CENTER
Downtown Mental Health, 1075 E. Santa Clara St, 1st Floor
Enter at rear of bldg, 408-792-2140. All are welcome.

MON. CLOSED (One-on-one available 10 A.M. T, W, TH, F)

TUES. (9 A.M.–3 P.M.): Tobacco Cessation **10 A.M.**; Check-In **11 A.M.**; Employment Peer Support **1 P.M.**; New Beginnings/Grief & Loss Peer Support Group **2 P.M.**

WED. (9 A.M.–3 P.M.): Men's/Women's Peer Support Group **10 A.M.**; Zephyr Community Game Activity/Welcome Newcomers **11 A.M.**; Current Events **Noon**; Older Adults Peer Support Group **1 P.M.**; Mood Surfing-Coping with Mood Challenges/Peer Support Group **2 P.M.**

THURS. (9 A.M.–3 P.M.): Positive Thinking Peer Support Group **10 A.M.**; Beading/Social Group **10:30 A.M.**; Community Meeting **3rd Thurs. @ Noon**; Healthy Boundaries Peer Support Group **1 P.M.**; Wellness Recovery Action Plan (WRAP) **2 P.M.**

FRI. (9 A.M.–3 P.M.): Art, Writing, Music/Creative Free Time **9A.M.**; Zephyr Social Hour Newcomers Welcome **10 A.M.**; Thank Goodness It's Friday (TGIF)/Movie with Friends **1 P.M.**; Board Games **2 P.M.**

GILROY—SOUTH COUNTY SELF-HELP CENTER

1235 First St., 408-852-2460

408.852.2462 – Adriana Vega – direct line

408.852.2463 – Alisa Perez, community worker direct line

One-on-one available Tues. through Fri.

MON.: CLOSED

TUES. (10 A.M.–4 P.M.; Closed for Lunch 12–1 P.M.): Low-impact exercise class **10 A.M.**; Mindfulness Group w/Meditation **1:30 P.M.**

WED. (10 A.M.–3:30 P.M.; Closed for Lunch 12–1 P.M.): Women's Beading **10 A.M.**; Open for peer-to-peer support or just socializing **1 P.M.**

THURS. (10 A.M.–4 P.M.; Closed for Lunch 12–1 P.M.): Anger Mgmt/WRAP (Wellness Recovery Action Plan) **1 P.M.**

FRI. (10 A.M.–2:30 P.M.; Closed for Lunch 12–1 P.M.): "Game Time" Bingo, Ping Pong or Bring Your Own & Movie Time **1 P.M.**

DAILY: Peer Support (call for appointment)

PALO ALTO—PHOENIX NORTH COUNTY CENTER

231 Grant Ave., 650-462-2811

MON. (1–6 P.M.): Men's/Women's Group **1:30 P.M.**; Mood Surfing **3 P.M.**; Employment Support Group **5 P.M.**

SAN JOSE — INDIAN HEALTH CENTER

Corner of 13th and E. Santa Clara streets

Weekly schedule, call **408-445-3400 x 235**. Free to exercise.

Nueva Vista Tours

MORGAN HILL — 1st Sun./month, 1–4 P.M.

Family Connections Nueva Vista Open House, 18225 Hale Ave. Info: **Lynda, 408-833-5115**. Refreshments served.

NAMI SCC Board Meeting — The Board Meeting is held the first Tuesday of the month. The next Board Meeting will be on **Tuesday, April 2 at 7–9 P.M.**, at the NAMI SCC office, **1150 S. Bascom Av., Suite 24, SJ.** All are welcome!

SCC Mental Health Board — April 2013 Meetings are open to the public!

(Meetings are held at 1075 E Santa Clara St., *unless* specified.)

TH	4/4	3–5 P.M.	System Planning/Fiscal Committee
M	4/8	9–10:30 A.M.	Older Adult Committee
M	4/8	12–2 P.M.	Mental Health Board
TH	4/11	None	Family, Adolescents & Children's Committee
T	4/16	12–2 P.M.	Minority Advisory Committee
TH	4/18	None	Adult System of Care Committee

Volunteer Opportunity at NAMI SCC

- ◆ **Membership Co-Coordinator**
NAMI SCC is looking for a person to handle membership renewals, about 5–7 hours per week. Must have computer skills. Call the NAMI office for more info.

Paid Opportunity

- ◆ **In Our Own Voice (IOOV) Speakers**
IOOV is looking for more speakers to be trained. Please come to the office or e-mail ioov@namisantaclara.org to get an application and you will be contacted.

NAMI National Convention 2013 June 27–30 in San Antonio, Texas

The 2013 NAMI National Convention will be held at the Grand Hyatt Hotel in San Antonio, Texas. The convention theme — **Together We Can Make a Difference** — highlights this year's focus on developing effective programs and resources to increase resiliency and advance recovery. **May 31** is the deadline for early bird registration. For more information about the convention and registration, go to www.nami.org/convention.

NAMI SCC Mission Statement

NAMI Santa Clara County's mission is to help people with mental illness, families and the community by providing support, education and advocacy for those suffering from mental illness; to promote research; to reduce stigma and guilt; and to improve services by working with mental health professionals & families.

Officers of the NAMI SCC Board

President: **Jen Hong**
Past President: **Navah Statman**
VPs: **Gerry Larvey, Beverly Lozoff, Vic Ojakian, Juan Perez**
Treasurer: **Jerry Gruhn** Secretary: **Meg Stein**
Recorder: **Peter Newman**
Members-at-Large: **Alan Cade, Lowanda Pierson**

NAMI SCC Newsletter is published monthly by the Newsletter Crew: **Cole Buxbaum** (Editor), **Beverly Lozoff** (Coordinator), **Donna-Jo** (Typesetter) and our great volunteers.

Who's Who at the NAMI SCC Office

Christine Baucus: Executive Director
Kathy Forward: Outreach and Program Director
Francesca Merchant: Office Manager
Donna Mechanic: Office Support
Monica Nay: Accounting/Contracts Manager
Karen Fifer: Volunteer Coordinator

Program Coordinators

Jennifer Blostein: Family-to-Family
Greg Osborn: Provider Classes
Sharon Ruhl: Basics; Parents & Teachers as Allies
Nina Veeravalli: Hearts & Minds
David DeTata: Peer PALS
Barbara Thompson, Kathy Williams: Peer-to-Peer
Raschell Lade: In Our Own Voice (IOOV)
Kathy Forward: Ending the Silence (ETS)
Pastor Johnny LaPenias: NAMI Faithnet

NAMI SCC Free Education and Support Programs

For more information and/or to register, call the NAMI Office.

Family-to-Family: A 12-week program for family members (English/Spanish/Mandarin).

Provider Course: A 5-week class offered to professionals who work with persons with mental illness.

NAMI Basics: 6-week course for parents of children & adolescents 17 and under.

NAMI Hearts & Minds is an educational wellness initiative promoting the wellness in both mind and body.

Peer-to-Peer: A 10-week (2 hours per week) experiential course for ages 18 and over (English and Spanish).

Parents & Teachers as Allies (PTAA): A 2-hour inservice program for school professionals/families.

Peer PALS: A trained PAL is paired with someone having like interests & of similar age needing help from isolation by sharing fun activities.

In Our Own Voice: Living with Mental Illness (IOOV): Presentations by trained consumer-presenters to groups of consumers, family members, community groups, colleges and professionals.

Ending the Silence (ETS): A program involving talking about adolescent mental illness to high school students.

NAMI FaithNet: An information resource for faith communities, NAMI Members and Community Partners.

Connect 2 U: Consumers & family members meet at the NAMI office on the 1st & 3rd Saturday afternoon per month to socialize and play games.

Connection Recovery Support Group: Adults living with a mental illness share with others who understand.

Nature Walks Group: On the 2nd, 4th & 5th Saturday mornings per month, consumers and family members hike or participate in nature walks.



Updates for NAMIWalk 2013 on June 1

By Gini Mitchem

NAMIWalk SF Bay Area Steering Committee Co-Chair
and NAMI SCC Walk Committee

NAMIWalk Kick-Off Luncheon April 17 at FAZ Restaurant in Pleasanton: April 17 is the date of NAMIWalk's All-Affiliate Consortium gathering to welcome and honor our Sponsors, Team Captains, Community Leaders and all who are interested in learning more about how to be NAMIWalk leaders in our affiliates. Our schedule is focused on getting you the information you need for a great NAMIWalk while you enjoy this free lunch. Be the first to see our 2013 brochures with logos and names of our Sponsors, and hear inspiring stories. Please RSVP to rsvp@namiwalksfbay.org or call **408-453-0400**.

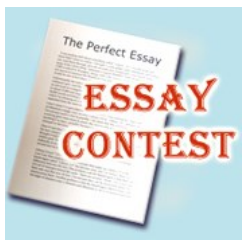
Sponsors: A great thank you to our wonderful returning Sponsors for their continuing support of this major Mental Health event. In addition to our Premier Sponsor **Mary Alexander**, we have our Presenting Sponsor **Hitachi Data Systems** under the leadership of **Alan Cade**. Sponsorships are also in from the **Marquardt Family; Navah & Meir Statman; Momentum's new Foundation for Mental Health; Flagship Facility Services, Inc.; El Camino Hospital; Michael James Lopez DDS, Inc.; Palo Alto Medical Foundation; the Mitchems;** and conversations continue with a number of others. You'll find these organizations listed on our NAMIWalk website, brochures and most on our official 2013 T-Shirt or a Route Sign.

If you would like to be a Sponsor or know of someone who would, there's still time. Simply email or call me. Thanks to our NAMIWalk Committee members who are making Sponsorship contacts also.

Team Building: NAMI SCC has 7 teams registered so far. Please call or email us if you need help getting set up. We'll have lots more materials in the office after the Kick-Off Event.

Registration: Go to www.namiwalksfbay.org and select NAMI Santa Clara County as your affiliate.

Questions: Contact **Gini Mitchem** (vmitchem@hotmail.com or **408-259-2256**) or the NAMI office and leave a message for either Gini or **Barbara Thompson**.



\$500 Essay Scholarship for High School Students

The Culture to Culture Foundation is sponsoring a Mental Health Essay Scholarship with this topic: "What is the #1 mental health issue affecting me and/or my friends. High school students are invited to share their journey and insights.

There is a 1,000-word limit, and the deadline is **May 31, 2013**. All submissions will be recognized and the selected winners will receive \$500 scholarships! Please email questions and entries to C2C@culturetoculture.org or visit www.culturetoculture.org for more information.

NAMI SCC Ongoing Activities

Supporting others is part of the recovery process.



NOTE: Connection Recovery Support Group meets every Sunday **3-4:30 P.M.** at 1150 S. Bascom Avenue, Suite 24, San Jose, 95128-3509.

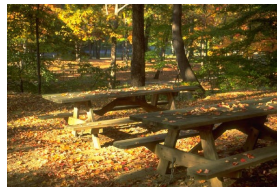
*Please arrive before 2:55 P.M.
to reduce group interruptions. Thanks!*

People over 18 years old with mental illness are welcome. This is a "drop-in" group and does not require preregistration. Family members & consumers will find other support groups (listed in the newsletter) more appropriate when attending together.

Connect 2 U and Nature Walk

Connect 2 U: Come to our new office on the **Sat., April 6 & 20**, from **2-4 P.M.** for board games (Bingo, Pictionary, Cards, Dominos and more), art projects and light snacks. Info: **Kathy, 408-354-7077**.

Nature Walks: Join the group on **Sat., April 13 & 27**, from **9-11 A.M.** Rain or Shine! The group meets at Campbell Park in Campbell (corner of Campbell & Gilman) near the playground.



Join Fellow Brave Hearts for the Best Exotic Marigold Warm-Up to the 2013 NAMIWalk

Time to rev up for the NAMIwalk in Golden Gate's Lindley Meadow on June 1! Our own NAMI SCC Brave Heart team is having its famous Start-Up Walk & Lunch on **Sat., April 27, 9 A.M.-noon**. (All are welcome; we mean you!)

At 9 A.M., join the NAMI SCC Nature Walk in progress at Campbell Park (see above for location) to test out your stigma-fighting style where the rubber meets the road. Always an exciting time with tips and hints to increase your donations plus the ever-popular door prize drawing where everyone wins (almost). Then stay for lunch.

Questions: Contact **Rick Vierhus** (rvierhus@gmail.com or **408-209-3031**) or **Barbara Thompson** (barbarap2pnami@yahoo.com or **650-576-3279**).

Remember to register to walk for our team at <http://namiwalks.nami.org/bravehearts2013>.



**NAMI SANTA CLARA COUNTY
COMMUNITY RESOURCE & SUPPORT CENTER
1150 S BASCOM AV STE 24
SAN JOSE CA 95128-3509**

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INSIDE THE APRIL 2013 ISSUE

RETURN SERVICE REQUESTED

Upcoming Meetings and Events	p.1
Find Us on Facebook	p.1
General Meeting Info, Tues., April 9, at Good Samaritan	p.1
Fundraising Campaign, Adopt-A-Program	p.1
Special Reunion Celebration	p.2
Kudos to CA Superintendent of Schools, Tom Torlakson	p.2
Election of NAMI SCC Board Officers for 2013-21014	p.2
Crystal Bowl Award Recipient	p.2
Book Review	p.2
The Tragedy of Mental Health Law	p.3
NAMI Peer to Peer: A Road to Wellness	p.3
Support Groups Calendar	p.4-5
Mental Health Board Meetings	p.6
Volunteer/Paid Opportunities	p.6
NAMI National Convention 2013	p.6
Who's Who/Education Programs at NAMI SCC	p.6
Updates for NAMIWalk 2013	p.7
Essay Contest for High School Students	p.7
Brave Hearts Event	p.7
Ongoing Activities/Groups at NAMI SCC	p.7

**NAMI Santa Clara County
Community Resource & Support Center
1150 S. Bascom Ave. Ste 24
San Jose, CA 95128-3509**

MEMBERSHIP APPLICATION OR RENEWAL

NOTE: If this is a renewal, please indicate any changes in the following:

Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail Address: _____

****NAMI SCC is going green. If you are a Member, please consider signing up to receive your Newsletter by email. ___ Yes, I would like to receive the newsletter by email.****

Please accept my annual membership at the following level: Please check one ☐ **New**

☐ **Renewal**

\$ 35 Membership Type: ☐ Standard Membership How did you hear about us? _____

\$ 3 Membership Type: ☐ Open Door

Please accept my additional donation(s): ☐ General Fund _____ ☐ Education Program _____ ☐ Other _____

☐ In Memory of _____ ☐ In Honor of _____

☐ Resource Handbook (Donation of \$25, w/postage add \$10) _____

Total Amount Enclosed: \$ _____ (Make checks payable to **NAMI Santa Clara County.**)

To pay online, go to //www.namisantacalara.org and click on "Join NAMI."

NAMI SCC welcomes your membership. Memberships are valid for one year. (Part of your membership dues enrolls you at NAMI State and National, which, in turn, automatically registers you as a member at all levels.) Your additional donations help ensure that we can maintain our office, as well as our education programs. Your membership and donations are tax deductible. **Tax #94-2430956**